

**Figure 1.** A schematic diagram illustrating the experimental design. The figure shows a sequence of events starting from a participant's arrival at the laboratory. The participant is first familiarized with the equipment and procedures. Then, they are randomly assigned to one of two groups: the control group or the intervention group. Both groups undergo a baseline assessment. The intervention group then receives a 6-week intervention program. After the intervention, both groups undergo a post-intervention assessment. The final outcome is compared between the two groups.

**Peter J Smith**

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